

## UTILITY PATENT

ATTORNEY DOCKET NO. CIL1736

## CLAIMS

Please amend the claim set in the following manner.

Claims 1-19 (cancelled):

Claim 20 (currently amended): A method of using a figure-eight-shaped exercise device, said method ~~consisting of: comprising:~~

obtaining an oval band comprising a handgrip and an arm engagement member thereon;  
twisting said band into a the figure-eight-shaped exercise device consisting of::

a first section ~~hoop-like member~~ having said a handgrip ~~attached to the first hoop-like member;~~ and

a second section ~~hoop-like member attached to the first hoop-like member, the second hoop-like member~~ having said an arm engagement pad;

inserting a user's arm through the second section ~~hoop-like member~~ of the device until the user's upper ~~section of the user's~~ arm is positioned within the second section; ~~hoop-like member of the device;~~

slipping the user's lower ~~section of the user's~~ arm through the first section; ~~hoop-like member of the device;~~

adjusting the arm engagement pad of the device around the back portion of the user's upper ~~section of the user's~~ arm;

gripping the handgrip of the device with the hand of the user's arm, wherein the steps of inserting, clipping, adjusting and gripping steps constitute wearing the device;

suspending the user's arm bent at an angle between about 35 degrees to 150 degrees while wearing the device;

walking while wearing the device;

jogging while wearing the device; and

running while wearing the device.

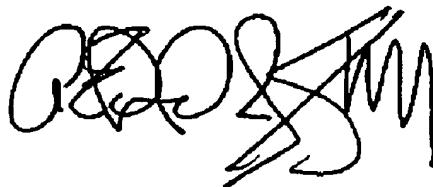
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**CONCLUSION**

In view of the interview and above amendment, it is submitted that this application is now ready for allowance. Early notice to that effect is solicited. If in the opinion of the Examiner, a telephone conference would expedite the prosecution of the subject application, the Examiner is invited to call the undersigned attorney at (512) 306-0321 .

Respectfully submitted,

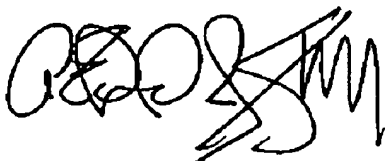


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Date: December 21, 2005**Certificate of Facsimile**

I hereby certify that this correspondence is being transmitted by fax to the United States Patent and Trademark Office, Fax No. 571-273-8300 on the date shown below.

Anthony Edw. J Campbell

*Wednesday, December 21, 2005*